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Attribution Essay Level 1

English A4

Attributions can indicate how people view certain situations. An internal attribution is when an event occurs from the causes of the person itself. An example of an internal attribution would be, “I get good grades because I study hard.” This is an internal attribution because the person got good grades by themself, not relying on anybody or anything else. On the contrary, an external attribution is when an event happens, not because of the person itself, but from another cause. An example of an external attribution would be, “I got an excellent grade on the test because it was easy.” The person got a good grade because the test was easy, not because of something they did to achieve the good grade. A stable attribution is something that can never be changed. An example of a stable attribution would be, “I’m not good at anything because I’m stupid.” It’s a stable attribution because the person can’t change the fact that they’re stupid. An unstable attribution is something that can be changed. An example of an unstable attribution would be, “I got a bad grade on the test because I left my book in school and didn’t study.” This is an unstable attribution because the person could always remember to study for the next test. How people look at different situations could effect their future accomplishments.

There is two ways people can view a situation: positive or negative. People with internal attributions are more likely to succeed, rather than people with external attributions because people with internal attributions credit themselves for their own achievements. People can’t accomplish much if they always acknowledge others for their own successes. They have to believe in themselves and know that they succeeded for the right reasons. People with external attributions credit others because they don’t have self-assurance to believe that they did something themselves. People should also have unstable attributions instead of stable attributions. They should know that if they don’t succeed the first time, they could always change themselves and do better next the time. *Success only happens after failed attempts.* If people are always so negative, they will never achieve.

Internal-unstable attributions are the key to success. Students with internal-unstable attributions are optimistic; they look at everything in a positive way. They credit themselves for their own achievements and believe that if they get a bad grade there’s always room for improvements next time. For example, students with internal-unstable attributions might say, “I got a bad grade because I forgot to study.” The student admitted that she didn’t study; she could always study for the next test. It’s better than saying, “I got a bad grade because I’m stupid.” Being stupid is a stable attribution and can never be changed.

Students with external-stable attributions show that they see most things in a negative way. They believe that everything good happens because of reasons other than themselves, and if something went wrong, it couldn’t be improved next time. For example, “I did horrible on the test because I’m stupid and the test was hard.” The student believed that they didn’t do well because they were stupid. It’s better to say, “I didn’t study.” For the student to say that they were stupid means they can never be successful. If they had said that they forgot to study, they could always study and do better on the next test. Students with external-stable attributions are less likely to succeed.

Attributions are an important concept for people to be aware of because it can affect people’s lives greatly. People might not realize it, but in everyday circumstances there are internal, external, stable, and unstable attributes. It may seem trifling, but it’s true. If someone said, “Oh, you’re so pretty!” people might think of it as an internal attribution and think *I’m pretty because of my unique features.* Others might think of it as an external attribution and think *I’m only pretty because of what I wear.* People should also be aware that it’s best to be positive and have internal-unstable attributions. They should always credit themselves for their own achievements and believe that if something doesn’t turn out the way they wanted it to, they could always try harder and do better next time.